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JEN FINDS BLISS WITH NEW BEAU

{page 16}



CALGARY

metro

Tuesday, June 28, 2011
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News worth
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Water rates could rise by more than 24% by 2015

- Council to discuss the 2012-2014 budget cycle today
- The average water bill in Calgary is currently \$75.54



KATIE TURNER
CALGARY@METRONEWS.CA

Calgarians may be forced to swallow a more than 24 per cent hike in their water bills over three years, according to information obtained yesterday.

Metro has learned administration will be presenting council with two scenarios for a rate increase: a three-year term and a six-year term, the latter of which they're recommending.

Sources have confirmed the six-year-term would see water fees rising by 7.6 per cent in 2012, 7.5 per cent in 2013 and 7.4 per cent in 2014, resulting in an average water bill of \$93.84. The last three years of the term will see the rate of increase decline.

In addition, waste-water fees could increase by 13.5 per cent for each of the next three years.

While Ald. Gord Lowe remained mum on the specifics of administration's recommendations, which are expected to be presented to council in camera, he said a rate increase is inevitable.

"Given the situation with our utilities, there will be substantial rate increases for the next several years," Lowe said.

The \$430-million Pine Creek Wastewater Treatment Centre as well as upgrades to other city water facilities have led to hundreds of millions of dollars of debt for the city — one of the key reasons behind the proposed rate increase, several aldermen have said.

"It's a fairly extensive increase," Jones said of the potential fee hikes, "but the problem is the utility is virtually going broke. It's something that has to be done."

Costly resource

- **Utility bill.** Homeowners pay for water, waste water and stormwater drainage on their utility bill.
- **Increasing rates.** Water rates have increased every year since 1995, according to the city's website.
- **Accommodating new residents.** According to the city's water services department, new facilities were necessary to accommodate the 220,000 citizens who have moved to Calgary in the past decade.
- **Reducing water use.** The city has set a target of reducing Calgary's per-capita water use to 30 per cent of the 2003 levels by 2033.



► Metro has learned administration will recommend council hike water fees by an average of 7.5 per cent over each of the next three years to deal with rising debt.



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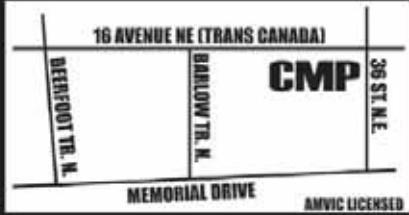
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CORNER OF 16TH AVE & 36 ST. N.E. MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

Individual questioned after explosion

Police had taken one individual in for questioning following an explosion in a northeast home yesterday afternoon.

Insp. Rob Williams confirmed to Metro the fire is considered suspicious and an investigation is ongoing.

Witnesses near the home, located in the 2300

block of 56th Street NE reported hearing a noise shortly after 1 p.m. and then seeing smoke billowing from one half of a duplex.

"There was a small little popping noise, but you didn't really put two together until you saw the smoke," said Katie Seabrook, who was in the

other half of the building.

She grabbed two children inside the home and raced out along with her sister Tania.

Firefighters were able to knock down the fire inside the home in short order.

An elderly woman inside the home was able to exit under her own power but was transported to

hospital in non-life-threatening condition.

Police had cordoned off the entire building yesterday afternoon, but the Seabrooks were allowed back in briefly to pack bags.

Fire crews also report rescuing two dogs from the home.

● JEREMY NOLAI



JEREMY NOLAI/METRO

► Tania Seabrook with two-year-old son Cohen and six-month-old niece Riley.

Condo owners face big bill

- Water damage experienced in area for at least eight years
- Residents say more intervention needed from province

 **JEREMY NOLAI**
@METRONEWS.CA

Residents of a southwest condo complex are on the hook for more than \$5 million in damages they say were caused by shoddy construction.

Bella Vista Condos, located just off 17th Avenue S.W. on 14A Street S.W., opened in 2003, and reports of water leakage quickly followed, said resident and condo board treasurer Jacquie Dryden.

"It was pretty bad, but we had no idea how bad because you can't tell until you start tearing things up," she said.

Dryden said the condo board is exploring legal action against the building developers, but added more intervention is needed from the province to protect condo owners

Bella Vista

- There are 60 condos and at least seven businesses contained inside the Bella Vista Condos complex.
- When visited by Metro yesterday, staff working for at least four businesses attached to the condo development also reported leaking.

caught in sticky situations.

Alberta's municipal affairs spokesperson Donna Babchishin pointed out that her department recently announced a move towards mandatory home warranties in the province and stricter penalties for substandard development.

"We (have) found, No. 1, that our building codes are good, but we wanted



► Much of the front entrance and side panelling at Bella Vista Condos has been stripped away during analysis of water damage in the complex.

to take more steps to ensure more compliance with the building code," she said.

The groups responsible for developing Bella Vista

could not be reached for comment yesterday.

Owners like Dryden, meanwhile, are forced to just grin and bear through the added costs.

She alone faces about \$78,000 in repair expenses.

"I have to stay here," she said. "I don't have a choice."

Tweeps rallying for Slave Lake wildfire victims

Calgary's social media scene will once again band together to help those in need.

Tomorrow, Melrose Café and Bar on 17 Avenue S.W. plays host to YYC4Slave Lake, a fundraiser for the fire-ravaged town.

Event organizer Leanne Laverick credits social media for bringing this event together.

"Twitter really helped us for YYC for Haiti last year, so we used the same model for this event and the buzz has been amazing," she said.

\$35K Amount organizers are hoping to raise.

Bachelorette Jillian Harris will be in attendance and monies raised will go to the Canadian Red Cross for Alberta fire relief.

● TODD VAUGHAN

News in brief

Woman tells court of abusive relationship

A man accused of confining and assaulting a former girlfriend was angry, controlling and both physically and sexually abusive during their rela-

tionship, a court heard yesterday. The woman, who can't be named under a publication ban, testified that Dustin Paxton suffered from "pretty major mood swings" and would hit her. Yesterday's testimony marked the start of the first of three trials involving Paxton.

He was arrested last August after warrants were issued by police in both Calgary and Regina.

THE CANADIAN PRESS



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In tomorrow's Metro



Catch Jeremy Nolai's wrap-up of Minimum Living. He ends his month-long experiment of living on minimum wage in Calgary.

Follow us on Twitter @metrocalgary

TRANSPORTATION

Greyhound could face competitors

Proposed service cuts by Greyhound and a request for a subsidy are driving a big change in bus service in Alberta.

Starting Oct. 1, the provincial government is opening up inter-city bus service to any company

that meets safety and commercial-vehicle requirements.

The new policy ends a regulated service that gave Greyhound Canada rights to provide bus service to many communities with little or no competition.

Transportation Minister Luke Ouellette says this system is no longer economically viable and there was a risk that Greyhound would cut service to some remote communities. **THE CANADIAN PRESS**

Aggressive-dog incidents on the rise

The number of aggressive-dog incidents in Calgary has increased for the second consecutive year; however, the city's bylaw boss said the city's rates are relatively low.

According to Animal and Bylaw Services 2010 annual report, the number of aggressive-dog incidents in 2010 was 494, up from 427 in 2009 and 340 in 2008.

Bylaw director Bill Bruce said total dog bites in the city were around 52 in 2009 and jumped to 102 in 2010.

While these numbers have increased, Bruce said Calgary still ranks fairly low compared to many American cities.

"Statistically, I think we're running about 11 bites per 100,000," said Bruce, adding most Ameri-

108,000 The number of licensed dogs in Calgary in 2010, according to a recent report from Animal and Bylaw Services.

can cities average more than 60 bites per 100,000 people.

"Even though we have the lowest numbers in the world, we're still on this like you wouldn't believe."

Bruce said one bite is too many and owners should attempt to curb their dogs' bad behaviour at the first sign of aggression.

"The owner has to teach the dog what is welcome and unwelcome behaviour."

● KATIE TURNER

Health Care Aide Program

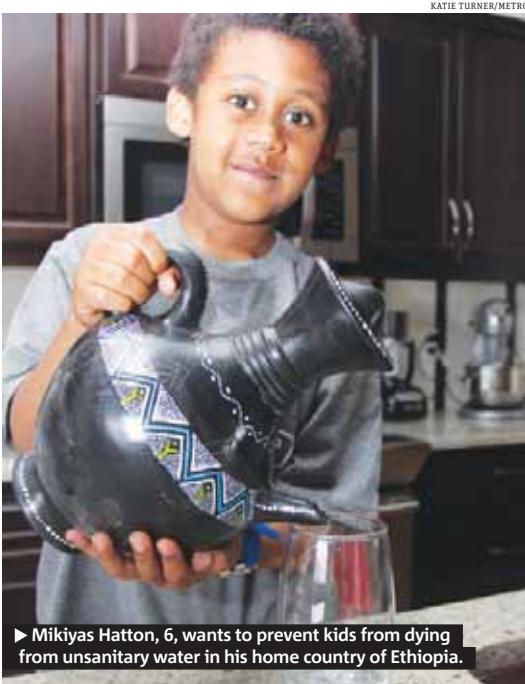
Graduates work on a variety of nursing units, in acute care hospitals, long-term care settings such as nursing homes and auxiliary hospitals and in the community providing homecare.

This 15 week program is designed to give both health care skills theory and field-based cooperative education experiences in smaller classes. The program is based on the Government of Alberta 2010 Health Care Aide Curriculum.

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Boy, 6, wants to bring clean water to Ethiopia

► Mikiyas Hatton, 6, wants to prevent kids from dying from unsanitary water in his home country of Ethiopia.

► Statistic of two in five children dying from unsanitary water inspires youngster ► Airdrie family looking to raise remaining \$8,000 for Ethiopian water system



KATIE TURNER

CALGARY@METRONEWS.CA

"He does have a compassionate heart, and it's nice to see him act upon it."

LYLE HATTON, FATHER

Mikiyas Hatton may be young, but he knew from the age of four that he wanted to help children in his home country of Ethiopia.

Sheri Hatton, Mikiyas's adopted mom, said she and her husband, Lyle, took their son to a fundraiser for HOPE International two years ago and something stuck with him.

"I said we need to go help them and we need to go help the kids," said Mikiyas, now 6.

"For the next month he hounded me," explained Sheri, adding Mikiyas wanted to send their tap water from Airdrie to Ethiopia.

"I was proud that he cared for people back home," said Lyle. "He does have a compassionate heart, and it's nice to see him act upon it."

Shortly after, Sheri said she looked in to partnering with HOPE International to raise \$25,000 for a water system for an entire village.

"I went to him and said, 'This is what we're going to do because of you,' and he started crying," said Sheri of her son's reaction. "He said, 'We're superheroes.'"

Since then, the Hatton's have raised nearly \$17,000 through fundraising and HOPE has gone ahead with sponsoring the permanent water system.

The family will travel to Ethiopia this winter to bring home their adopted daughter Mihret, and potentially visit the village they've helped bring life to.

Project to benefit thousands

More than 3,400 people will benefit from the gravity-fed water

system, which was built in the village of Tuniya, Ethiopia. Donations to the project can be made through www.hope-international.com by typing 'Tuniya — Hatton' in the comment section.

● KATIE TURNER

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TODD VAUGHAN/FOR METRO



Pesky wrinkles bother men, too

- Calgary cosmetic clinics notice rising patient trend
- 'People have said I look 10 years younger': male client

 **TODD
VAUGHAN**
CALGARY@METRONEWS.CA

Calgarian Daniel Cote wanted a confidence boost.

"I had forehead wrinkles and I felt I looked angry because of them," he said.

To deal with his wrinkles, Cote joined a growing number of men seeking cosmetic surgery and more specifically, Botox injections.

According to Cote's fa-

20%

Men make up 20 per
cent of Age-less
Clinic's client base.

cial cosmetic surgeon, Dr. Kristina Zakhary from the Age-less Clinic in Calgary, the amount of men receiving Botox injections is growing all the time.

"Men want to look younger and refreshed, just

like women," she said.

Dr. Jason McWhirter of ReNue, a cosmetic surgery clinic, has also noticed the trend. "We have seen male clients grow as female clients have remained the same," he said.

He also noted that the amount of Botox a man needs is different.

"Like their biceps, male facial muscles are also much stronger than (on) women, so more Botox is needed to hide wrinkles."

CRIME

Stabbings not related: Police

Police do not believe three stabbings that took place on Sunday night within hours of one another are related.

Shortly after 8 p.m., a 31-year-old man in Bankview was taken to hospital after suffering a stab wound to his upper body, police said.

An adult female was taken into custody and police are investigating the motive of the stabbing.

Less than 30 minutes later, police responded to a stabbing in the 300 block of 4th Street N.E. and an adult female in her 40s was taken to hospital with serious but non-life-threatening injuries.

Around 11 p.m., a man in his 20s arrived at the Peter Lougheed Hospital with stab wounds to his upper body.

• METRO

Humane Society gives travel tips

The Calgary Humane Society wants long-weekend campers to take care of their pets when travelling.

A list of tips includes keeping pets hydrated, ensuring they have proper identification and not leaving them unattended in the car for long periods of time.

The Humane Society says flea, heartworm and tick exposure is greater when camping. • METRO

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Violent games win court fight

► Minor's video game law overturned by U.S. Supreme Court ► Games get First Amendment protection ► Developers and sellers celebrate decision

Proposed law

- California's 2005 law would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- Parents would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to \$1,000 per game sold.
- Children would have needed an adult to get games like Postal 2, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- The law never took effect. Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote,

the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any

more harm than another other form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. **THE ASSOCIATED PRESS**

DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld.

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering

that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive

video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law.



► JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play Grand Theft Auto IV in Los Altos, Calif., Sunday.



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'Bikeability Index' promotes cycling

University of British Columbia researchers are pushing past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created the "Bikeability Index," a

mapping tool that scores neighbourhoods on how accommodating they are to cyclists. The researchers said their primary goal is to deliver the maps to the hands of urban planners. **THE CANADIAN PRESS**

2,100 Data was collected from more than 2,100 people and was also compiled using public opinion surveys, studies of travel behaviour and focus groups.

Wrong-turn penguin on the mend

New Zealand's favourite penguin visitor is more lively and eating fish after undergoing endoscopic surgery yesterday to remove some of the beach sand and twigs it swallowed, apparently mistaking it for snow.

Full recovery for the young emperor penguin — affectionately dubbed

Happy Feet — may take months, and officials are unsure when or how it could return home to the Antarctic, about 3,200 kilometres away. **THE ASSOCIATED PRESS**



Toronto mayor may go to Pride Week

Toronto Mayor Rob Ford said he would take it "one day at a time" when asked if he would be going to any events at the annual 10-day festival celebrating gay pride.

The comments came after a handful of protesters, angry the mayor might be missing Pride Week, interrupted the event's flag-raising at city hall today. **THE CANADIAN PRESS**

They began yelling "Bring out the mayor! It's the mayor's job!" and "Where's Rob Ford?"

Ford said last week he won't be attending the annual Pride parade.

Instead, he said, he will be honouring a tradition by spending the upcoming Canada Day long weekend at his cottage. **THE CANADIAN PRESS**

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News in brief



Warrant issued for Gadhafi

THE HAGUE. The International Criminal Court yesterday ordered the arrest of Moammar Gadhafi on charges that he murdered Libyan civilians who rose up against him.

The warrants from The Hague name Gadhafi, his son Seif al-Islam Gadhafi and his intelligence chief, Abdullah al-Sanoussi, and they turn the three men into internationally wanted suspects. The warrants will be sent to Libya, where Gadhafi remains defiantly entrenched.

THE ASSOCIATED PRESS

It's Gaza or bust: Activists

ATHENS. Organizers of a flotilla to challenge Israel's sea blockade of the Gaza Strip say they'll sail any day now. Several hundred activists plan to board 10 boats carrying medicine and other aid for a journey across the Mediterranean to Gaza. Israel's military has warned it will thwart any attempt to breach the blockade.

THE ASSOCIATED PRESS

Khmer Rouge trial begins

PHNOM PENH. Four members of the Khmer Rouge went on trial yesterday for war crimes. A UN-backed tribunal aims to find justice for the 1.7 million people who died in Cambodia's "killing fields" of the 1970s. The four, now in their 70s and 80s, say they are innocent.

THE ASSOCIATED PRESS

Baird meets Libyan rebels

► Foreign affairs minister 'very impressed' by their capabilities on fact-finding mission to Benghazi

Libyan rebel council members preparing to take power once the country's dictator, Moammar Gadhafi, is ousted have a strong dedication to democracy, but no one should expect that transition to take place overnight, Foreign Affairs Minister John Baird said yesterday.

"I was frankly surprised — pleasantly" by the capabilities of the rebel council members, Baird said after meeting secretly with the rebels and delivering trauma kits to help their cause. "I was very impressed with them."

But, he added, "I don't think we're going to move from Gadhafi to Thomas Jefferson." The post-Gadhafi regime, he cautioned, "won't be perfect."

Baird arrived yesterday



► Foreign Affairs Minister John Baird, centre, arrives at Benina airport in Benghazi, Libya, yesterday.

in Benghazi, well away from the front lines and now considered safe from Gadhafi forces. With him were a security detail, ministerial staff and the Canadian ambassador to Libya, Sandra McCordell.

Met by council officials, he spent half a day in the rebel-held city, travelling by motorcade past walls plastered with anti-Gadhafi graffiti. He met for 30 minutes with the coalition leader, Mahmoud Jibril, fol-

Due diligence

- This is John Baird's first major junket as foreign minister, aside from a jaunt to the G8 summit in France last month.
- It comes as a stalemate between Libyan dissidents and Gadhafi forces has prompted questions about the efficacy of the NATO-led bombing campaign.
- "It was important to me to come here and get the facts for myself," Baird said. "We are doing our due diligence because that is what Canadians expect and the Libyan people require."

lowed by a meeting with council board members.

"I was incredibly, incredibly moved by the courage and determination," Baird said. "It is a remarkable accomplishment."

THE CANADIAN PRESS



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Chase is on for ex-lesbian mom

- **FBI, Interpol search for Lisa Miller, 42, and girl**
- **Nicaraguan police asked to help with search**

Lisa Miller's path from lesbian in committed relationship to international fugitive started in 2003.

She broke up with her partner, Janet Jenkins, renounced homosexuality and became an evangelical Christian before disappearing in 2009 with the daughter she had with Jenkins.

Now, what started as a custody battle over Isabella Miller-Jenkins has turned into a global manhunt, with indications that Mennonite pastors and other faith-based supporters may have helped hide the two in Nicaragua and are now aiding one who the FBI says helped Miller.

Eager to keep the girl away from Jenkins and what they consider a dan-

gerous and immoral lifestyle, they liken their roles to that of underground helpers aiding runaway slaves.

"God's Holy Law never recognizes a gay marriage," said Pablo Yoder, a Mennonite pastor in Nicaragua, in an email message to The Associated Press. "Thus, the Nicaraguan Brotherhood felt it right and good to help Lisa ... especially to protect her nine year old daughter from being abducted and handed over to an active lesbian and a whole-hearted activist."

As the gay marriage movement gains momentum in the U.S. with impending legal recognition of the relationships in New York state, the case is a re-

minder of the obstacles and opposition that same-sex couples and their families can face.

The saga began in 2000, when Miller and Jenkins were joined in a civil union in Vermont. Two years later, Miller gave birth to the girl, conceived through artificial insemination. The couple split in 2003, with Miller becoming a Mennonite.

The FBI revealed in April that it had arrested Nicaraguan missionary Timothy David (Timo) Miller and charged him with abetting an international kidnapping by helping arrange travel and lodging for Miller and the girl.

He is awaiting trial.
THE ASSOCIATED PRESS

Accused kidnapper alleges murder plot

A man accused of kidnapping a New Brunswick woman last year and keeping her captive in his basement apartment for almost a month says they planned to kill her husband.

Romeo Cormier testified he had a gun with him on Feb. 26, 2010 — the night of the alleged abduction — when he met the 55-year-old woman outside a Moncton mall.

Cormier, 63, says they were planning a criminal act and that her husband was "to be deceased."

Cormier says he first met the woman — whose identity is protected by a publication ban — when he was a courier and had to deliver a package to Newfoundland in 1993.

He has pleaded not guilty to kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats.

THE CANADIAN PRESS



► A huge rainbow flag is hung next to a Serbian flag on a government building yesterday in the capital, Belgrade.

DARKO VOJINOVIC/THE ASSOCIATED PRESS

Serbia shows some Pride

The flag was hung in a sign of support for the respect of gay rights in the predominantly conservative country. Serbia has pledged to respect minority rights as the country seeks European Union membership.



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HMV Canada gets cash infusion

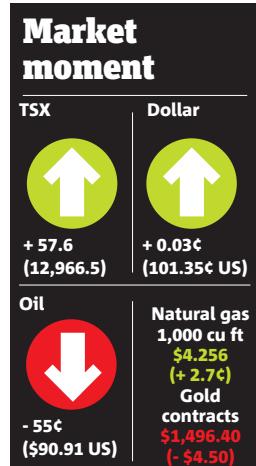
Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales

The new owner of 121 HMV stores in Canada has agreed to invest up to \$25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

HMV has been rework-



ing many of its Canadian stores to focus on a broader selection of music- and

film-related products, including T-shirts, headphones, video game controllers and electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of \$3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut.

THE CANADIAN PRESS

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► Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to \$41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

Something for the cellar

Oh goodie, more bills: Posties back on job

Canadians can expect to find bills, letters and magazines in their mailboxes once again.

Canada Post says mail delivery will resume today, after Parliament passed back-to-work legislation over the weekend.

However, the Crown corporation warns it will take time to get back to "normal delivery standards" due to a backlog of unprocessed mail.

Though some workers continued to man picket lines early yesterday, Canada Post spokesman Jon Hamilton said there's no reason to believe lingering resentment will further disrupt mail service.

"There's no question we're going to have to, you know, rebuild relationships and figure out a way that we can work together," he said. THE CANADIAN PRESS

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BARING THE TRUTH ABOUT LINGERIE

SHE SAYS ...

JESSICA NAPIER
METRO



Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped \$200 on an embroidered baby doll and two containers of mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

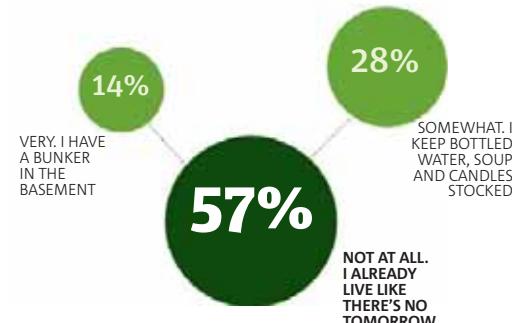
Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at metronews.ca/shesays



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metrolife panel
How prepared are you for a natural disaster?



Worth mentioning

OTTAWA. Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as say-



ing that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS

Local tweets

- **@thefictionalist:** Can we talk about how nice is it today in #yyyc? It's definitely patio weather.
- **@reFUELlifestyle:** Went outside for a full 20 minutes of vitamin D absorption. It's a beautiful day out there in #yyyc. Catch some rays if you can! #sunscreen
- **@jamiepenno:** Eating a vanilla fudge drumstick in the sunshine. About time #YYC. About time.
- **@thomaskeeper:** Why is it that 24 degrees in Calgary feels like 34? I guess we're
- just not used to so much sun #yyyc
- **@Babseth:** I'm pretty sure that's the Hawks helicopter circling ... I swear, I'm not doing anything! #yyyc
- **@MelroseRedMile:** The patios are open! It's supposed to be a gorgeous week so you better get your eatin' & drinkin' pants on #yyyc
- **@stevenluft:** On the plane ready to fly back home to #yyyc. Hate having to listen to all the stupid jokes the @Westjet crew tells. Preflight is the worst.
- **@dobsonscgy:** Lunch hour with us is the best kind of lunch hour. #YYC

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home."

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Read more of Jessica Napier's columns at metronews.ca/shesays



Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.

THE ASSOCIATED PRESS



Recession-wary performers turn Las Vegas Strip into parade of characters.

Back in the writer's seat

► Nia Vardalos teams up with Tom Hanks (again) to write *Larry Crowne* ► She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer



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Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, *My Big Fat Greek Wedding*.

The pair teamed up for the script of Hanks' latest, *Larry Crowne*, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

How is Tom as a boss?

Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

What makes the three of you click so well?

We're all dorks, and we like to laugh at ourselves and each other.

It's been almost 10 years since *My Big Fat Greek Wedding*. Isn't it hilarious? Just today

in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when they saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toula! I am Toula!" That makes me cry. That's a really cool feeling.

How have you dealt with the pressure of having such a big hit right out of the gate?

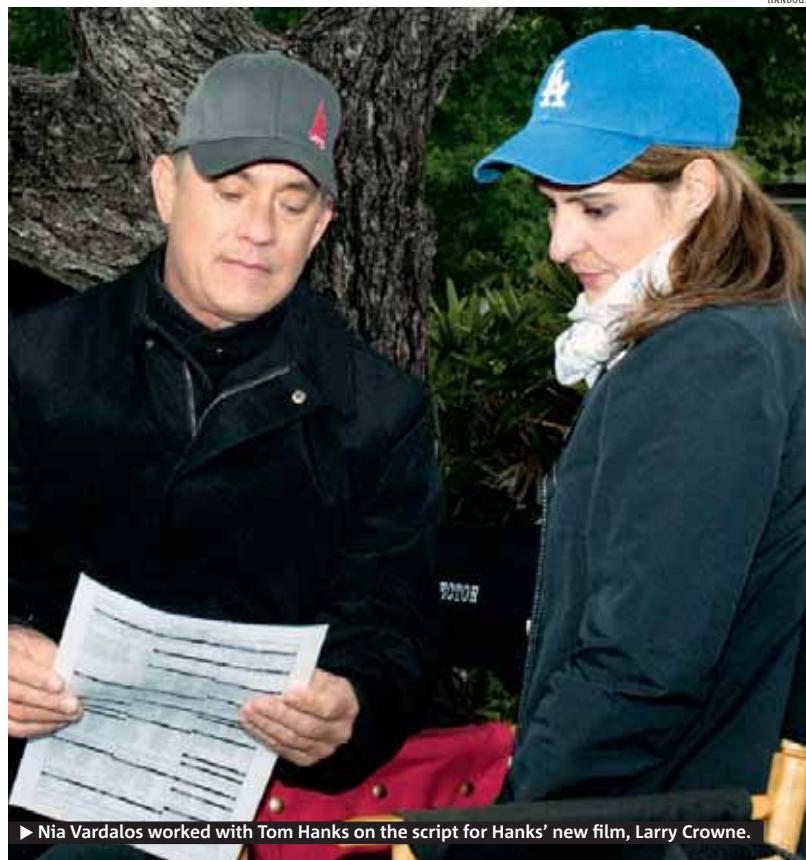
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

You're going home to Winnipeg soon to film an American Girl movie.

Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

What are you looking



► Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, *Larry Crowne*.

forward to most about going back?

I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the American Girl series because they promote girl power without being anti-boy, and I

like that. I don't believe in an us-or-them mentality.

Even with Bridesmaids making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about American Girl

— not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

An R-rated American Girl movie would be very interesting, though.

You're right, you're right. We should write that.

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Genre: Romantic comedy
Director: Richard J. Lewis
Stars: Paul Giamatti, Dustin Hoffman


 The single greatest feat of *Barney's Version* may be the cohesive movie that emerges from Mordecai

Richler's shaggy horndog of a novel about a score-settling Montreal philanderer (and possible murderer).

It took 12 years and much sweat for producer Robert Lantos to bring to the screen the late Richler's final tome, which spans decades and countries plus

multiple wives, a missing pal and other dilemmas.

The *Barney* of the book, sounding very much like Richler himself, promises us "the true story of my wasted life."

Director Richard J. Lewis and screenwriter Michael Konyves tilt toward bittersweet romantic comedy rather than whodunit, making this sprawling entertainment one of the most successful adaptations yet of a Richler novel.

Paul Giamatti makes an engaging *Barney*, adroitly negotiating multiple femmes, meddling family and a cumbersome ghost. But a hilarious Dustin Hoffman is the real draw as *Barney's* rascal dad.

• PETER HOWELL

**Sucker Punch**

Genre: Fantasy action
Director: Zack Snyder
Stars: Emily Browning, Abbie Cornish, Jena Malone


 Zack Snyder's latest kinetic exercise is best described as a girl-powered Sailor Moon anime crossed with Russ Meyer

Babydoll (Emily Browning) is framed as the cause of a family tragedy.

Dressed as a saucy schoolgirl, like her fellow beauties in bondage, *Babydoll* is sent to an insane asylum where mental illness is treated with deprivation, abuse and lobotomies.

Babydoll finds virtual escape through her mind. Each time she goes into a dance trance, a different set of villains emerges: zombie German soldiers from World War I, Asian battle robots with Pinocchio noses and glowing red eyes, and so on.

After a while you might wish, as I did, that you could just watch *Babydoll* dance. No such luck.

• PETER HOWELL

sexploitation.

It provides sporadic seconds of splendid eye candy separated by minutes of muddled exposition and flat acting.

Set in the 1950s and shot with a similar desaturated colour palette as his *Spartan* hit 300, it begins as our late-teen heroine

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Aniston wearing heart on sleeve

► 42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux ► Says she is 'extremely happy' about her personal life

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely

happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. ● METRO



► Jennifer Aniston

Engagement revealed as New York reverses law



► Neil Patrick Harris and fiancé David Burtka

Neil Patrick Harris and boyfriend David Burtka took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time. "David and I did propose to each other, but over five years ago," Harris posted on Twitter. ● METRO

Goddess Two packs her bags

Charlie Sheen has lost another "goddess," as girlfriend Natalie Kennedy reportedly moved out of his Mulholland Estates mansion last week, according to TMZ. ● METRO



Celebrity tweets



"Sorry I'm on vacation! I'll tweet more when I'm back!"
@EvaLongoria



@BruckheimerJB
"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"



@joan_rivers
"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."



@joelmcchale
"Boston... Every eatery claims "Award Winning Chowder". Either there's way too many chowder contests or "award" is now part of the title."



Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try

different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times.

● METRO

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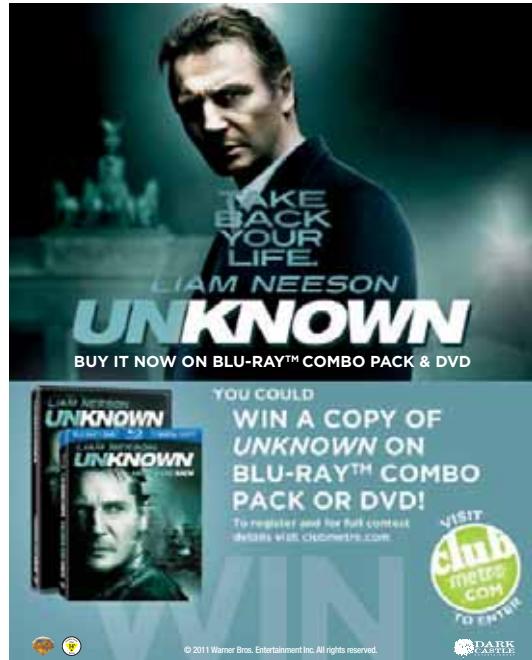
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MS linked to low sun

► New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ► Experts speculate it leads to abnormal response

 **CELIA MILNE**
LIFE@METRONEWS.CA

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight

to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."

DR. KAREN LEE

cent of variance in the occurrence of MS across the U.K.

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus

that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal *Neurology*.

Vitamins

How much vitamin D do you need?

► The more sunlight the better Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.

► CELIA MILNE

3
life

Fitness pick

Rodial's Arm Sculpt

Applying Rodial's arm sculpt cream twice daily may help you get toned upper arms in four weeks. The caffeine and coenzyme A help tighten.



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Aging baby boomers eating up physician resources with chronic illnesses: survey

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DEEP TISSUE THERAPEUTIC MASSAGE

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Walnut Ice Cream Bonbons

Nothing says summer like ice cream and these walnut ice-cream bonbons are a perfect treat that is sure to make kids and adults alike smile. Lollipop sticks can be purchased at bulk stores.

Preparation:

- 1 Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.
- 2 Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.
- 3 Pour mix onto parchment-lined bak-

ing sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.

- 4 Melt chocolate wafers in microwave on high for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and quickly roll bottom into walnut mixture. Return to freezer until ready to serve. Repeat steps with remaining bonbons.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS
(WALNUTINFO.COM)

Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

The pizza at Double Zero? That's Amore!

► Looking for bold flavours and thin crusts? You'll find them at this pizzeria



LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA



Double Zero is the latest Neapolitan-style pizzeria in Calgary. The name refers to Italian 00 grade flour, which is the most finely ground type.

Its basement location is

across the street from Holt Renfrew in the downtown core (reservations are recommended).

We started off with a refreshing marinated beet salad with goat cheese, grapefruit, basil and pistachio (\$12). The appetizers are tempting and diverse.

There is a handful of entrees too, but pizza is the specialty.

We tried the "pepperoni" pizza made with spicy Calabrese sausage (\$16),

and the sausage pizza with house made Italian sausage, green onion and artichoke (\$16). In both cases, the abundance of toppings made for an imbalanced crust-to-topping ratio.

We loved the mushroom pizza with a cultivated mushroom duxelle, mushrooms, basil and fontina (\$16).

The texture of the thin crust pizza — crisp and chewy yet airy — is so wonderful I'm already

planning my next visit. Best part? All of the pizzas can be made gluten-free upon request.

► **Double Zero**
100, 751-4 St. SW
403-265-9559
doublezeropizza.ca
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: \$6 - \$21
Rating: 4 out of 5



PROSPECT RIDGE
EVANSVIEW

THREE STOREY TOWNHOMES
WITH TWO CAR ATTACHED GARAGES

FROM THE
\$260's



TOP TIPS FOR DINING WITH THE BIG BOSS

CHARLES THE BUTLER



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FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles the Butler,
My wife and I have been invited for the first time to my boss's house for dinner. We are both very nervous. We live a casual lifestyle, but my boss and his wife live very formally. Tips please!

Dear Nervous couple:

Going to your employer's for dinner is stressful at the best of times.

But alas, one must overcome social fears, especially if one wishes to succeed in long-term business relationships.

Etiquette is about confidence building, allowing you to be comfortable in most situations.

As a child, my parents laboured tirelessly to teach me table manners — no fingers even for chicken wings! I fought them both tooth and nail.

Soon enough I noticed that when I went to my friends' houses for dinner,

their parents would say, "Why can't you learn to eat correctly like Charles?" And that made me feel proud and confident.

Here is all you need to know to enjoy dinner with your boss — with confidence.

1. Take the time to learn how to correctly hold and use a fork and a knife — and practice, practice. If at any point you don't know what to do, take a deep breath and follow the hostess.
2. Read the newspaper

for one week prior to the dinner. This will allow you to be aware of what is going on in the world and contribute to the discussion with confidence.

3. Look at the invitation to see what the dress code is and if it's not clear don't be afraid to call and

ask. If you are dressed appropriately you will feel more comfortable at the dinner.

4. Last but never least, be yourself! Don't put on any pretence — being sincere and genuine is by far the most important. Now go and have a great time!



► Brush up on the latest news, master your table manners, but most importantly, be yourself when invited over to someone's home for dinner.

WHEN FACEBOOK AND LOVE COLLIDE

SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

My wife posts rather personal information on Facebook. It's awkward, especially since she's friends with my family and friends. How do I make her stop?

Angela says ...

Have you spoken to her about it? Would she be surprised to learn you feel her posts are too personal?

She could be oblivious to your embarrassment. Men and women have very different views on what constitutes 'personal' in a relationship.

Derek says...

Some people are completely unaware of boundaries, though I'm sure that would have materialized before now. If talking doesn't sort it out, you may need to employ some form of digital revenge. Just be prepared for a change in her Facebook relationship status.

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7 drawbacks of working at home

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to

Make working from home effective with a strict schedule and a Do Not Disturb sign.

-ALISON'S MONEY RULE

all you work-at-home wannabes, here is a list of drawbacks.

1. The if-you're-at-home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take



► Working out of your house may not be an office paradise.

holidays. And sick days? Forget about it!

4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to

Homebodies

- Nearly 12 per cent of all paid employees in Canada work at home.
- Twenty-five per cent work at home because it is a job requirement.
- Twenty-three per cent work at home because they prefer the working conditions.

work to a deadline.

6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

7. The kids hate it.

When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives
Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing,
financial planning, student money
and calculators provided by TD Bank.

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Avoid 'staged' car accidents head on

- Dangerous problem is big business in the U.S.
- Now prevalent in Canada, especially in large cities

Canada has a new multi-billion-dollar industry, but it's doing more harm than good. It's called auto insurance fraud and it's caused by deliberate or staged accidents.

The Insurance Bureau of Canada estimates that insurance fraud, which includes staged car accidents and the subsequent filing of false insurance claims, is costing policyholders and insurance companies billions.

According to Ken Lindhardsen, Desjardins General Insurance vice president of Claims Operations, about \$1.3 billion of the \$9 billion collected annually in auto insurance premiums goes to cover the cost of fraud in Ontario alone.

"We think that one of the best ways to combat this issue is through public awareness," said Lindhardsen. "It's of vital impor-



► Being able to recognize auto insurance fraud is the first step in prevention.

tance now that this type of fraud has become a financial threat and a threat to public safety."

Here are tips to help you avoid a fraudulent accident.

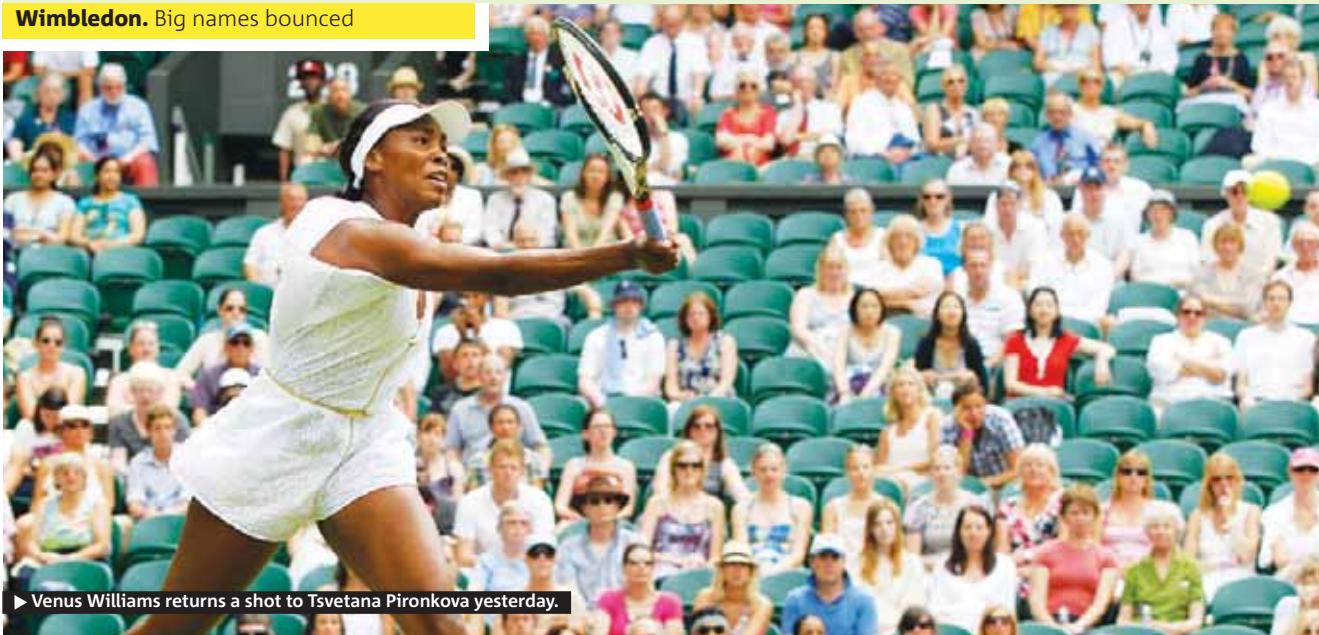
1. Leave significant space between you and the vehicle ahead in case they brake suddenly.
2. Be wary if someone waves you in to merge or change lanes as they may be setting you up for a collision.
3. Exercise extra caution

when making a left-hand turn because the oncoming car, which may seem far away, could deliberately accelerate and hit you.

4. Pay attention when you are driving, as the fraudsters deliberately target distracted drivers — for example, a driver talking on a cellphone.

5. If you are in an accident, be wary if you are pressured or offered money by anyone to use a particular auto body shop, paralegal or medical professional.

Wimbledon. Big names bounced



► Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club. Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24, Dominika Cibulkova. Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

Sinclair a reluctant hero

► Canadian soccer captain tries to avoid the spotlight after playing through broken nose to score against Germany ► She may wear a face mask Thursday when Canada returns to the field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning,

(teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby,

"It was painful, but there was so much adrenalin."

CHRISTINE SINCLAIR

but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of

the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protective face mask. She isn't thrilled with the thought of wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vi-

sion is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League

Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week,

hopes a federal judge will approve \$150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa

from hitting the market, signing the defenceman to a \$23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent Friday.

THE CANADIAN PRESS

4
sports

Quoted



"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."

PENGUINS COACH
DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO" FOR THE START OF NEXT SEASON.

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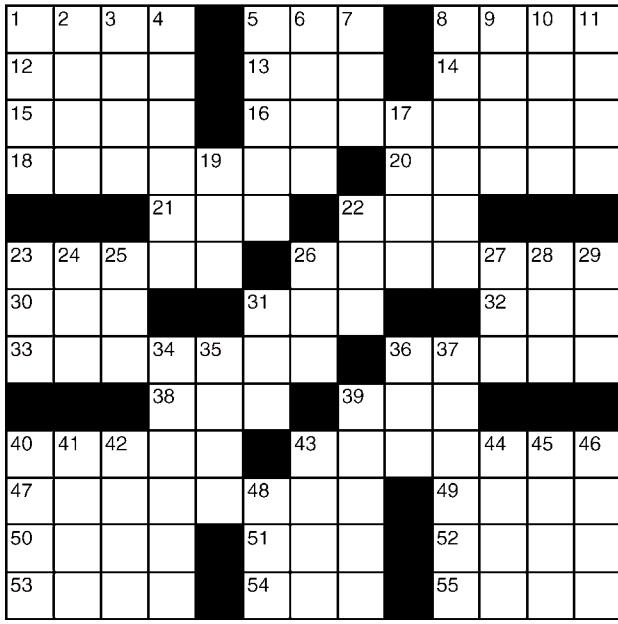
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Crossword

Across

1 — have to do"
 5 Crone
 8 Particular
 12 — En-lai
 13 Bullring cheer
 14 Pianist Peter
 15 Time of prosperity
 16 1960s quartet
 member Elliott
 18 Speaks unclearly
 20 Increases
 21 Listening organ
 22 Collection
 23 Rowling's Potter
 26 Souvenir
 30 Matterhorn, for one
 31 Transmit electronically
 32 Lumox
 33 Copycat's skill
 36 Entire range
 38 Bashful
 39 Young dog
 40 Report card letter
 43 Champagne and OJ drinks

47 — Day (May 30)
 49 Energetic
 50 Paradise
 51 Past
 52 Franc replacement
 53 Zilch
 54 Cambridge sch.
 55 Verve
Down
 1 Cold War weapon (Abbr.)
 2 Quaker pronoun
 3 Weaver's apparatus
 4 Wood
 5 Bart's dad
 6 "Woe is me!"



7 Jewel
 8 Spur on
 9 Ship-building wood
 10 Gaelic
 11 Rolling stone's lack?
 12 Throat-clearing sound
 13 Deposit
 14 Gender
 15 Stage hog
 16 Boxer Muhammad
 17 Spinning stat
 18 Has permission
 19 Farthest orbital point
 20 Chesley Sullenberger, e.g.
 21 Prayer ending
 22 Greek cross
 23 Frequently, for short
 24 Saute
 25 1926 song, "When Day —"
 26 Wrigley product
 27 — de plume
 28 Creche trio
 29 Satan's purchase
 30 Taj Mahal city / 46 Any day now
 31 DesCartes' conclusio

► Yesterday's answer

T	O	G	A	B	I	O	F	A	N	G
E	P	I	C	E	N	D	A	R	I	A
M	A	R	C	E	N	D	O	W	I	N
P	H	L	E	G	M	S	U	N	D	A
H	E	O	M	S	O	N	D	A	E	E
E	D	O	O	M	T	E	N	T	E	N
E	N	D	E	A	V	O	R	E	D	E
E	A	T	I	R	E	D	S	K	Y	E
L	E	F	T	E	N	D	O	R	S	E
F	O	P	S	C	O	W	E	R	A	S
M	O	R	E	D	E	R	A	S	E	R
E	N	D	E	A	R	E	D	N	O	T
S	T	I	R	O	V	A	D	U	A	L
S	O	L	O	P	E	R	A	L	L	Y

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Open up a bit and let others know how you think and how you feel.

Taurus April 21-May 21 Your loyalty is impressive, but what about common sense?

Gemini May 22-June 21 Friends and family will rally round and help you out of a jam.

Cancer June 22-July 22 If someone takes liberties with you today you must hit back.

Leo July 23-Aug. 23 Your self-belief will see you through what could be a tricky day.

Virgo Aug. 24- Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.

Libra Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.

Scorpio Oct. 24-Nov. 22 You may be under a bit of stress at the moment but it will bring out the best in you. Kick-start your summer.

Sagittarius Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your

side.

Capricorn Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today — and a huge mistake.

Aquarius Jan. 21-Feb. 18

You are in no mood to sit back and let things happen — you want to reach out and get involved — but you would be wise to listen to what other people tell you.

Pisces Feb. 19-March 20

Someone will question your commitment to a cause — do they have a point? **SALLY BROMPTON**

Sudoku

2			3						
3	5			8	2				6
	9	6	1						
						4	3		
9	1					5	7		
	4	7							
				3	8	4			
6		2	9		3		1		
					1			2	

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*John (Sweetie)
 My Dearest Sweetheart, in my wildest imaginings I never thought I would meet someone like you. You are everything I always thought a man should be and more. You are the one who is amazing and I adore you for that. Even though we are so far apart you still (to quote your favourite band U2) "Lift my days, and light up my nights" xoxo.*

FROM NIKKI

*MY WIFE L
 Please don't let OUR love die! I can't say why I did the things I did, I don't know why I said the things I said but I beg u don't everrrr wander away Me luv u only u & would die of a broken heart if u ever walk out that door THINK TWICE there is nobody but u baby please believe me!*

FROM SOULMATE

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Yesterday's answer ►

A look at the weather

TODAY

WEDNESDAY

THURSDAY



Min 12°
 Max 25°

Min 12°
 Max 25°

Min 11°
 Max 22°



Andrew Schultz,
 Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Caption contest



"This bridge's troll is sure making us jump through a lot of hoops." Erin



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Marlborough Mall

Pacific Place

Sunridge Mall

2520 23rd St. NE

2000 McKnight Blvd. NE

2555 32nd Ave. NE

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

Southcentre Mall

TD Square

Westbrook Mall

West-Hills Towne Centre

6039 Centre St. S

835 17th Ave. SW

16061 MacLeod Trail S

6100 MacLeod Trail S

4623 Bow Trail SW

321 6th Ave. SW

2008 33rd Ave. SW

Southeast

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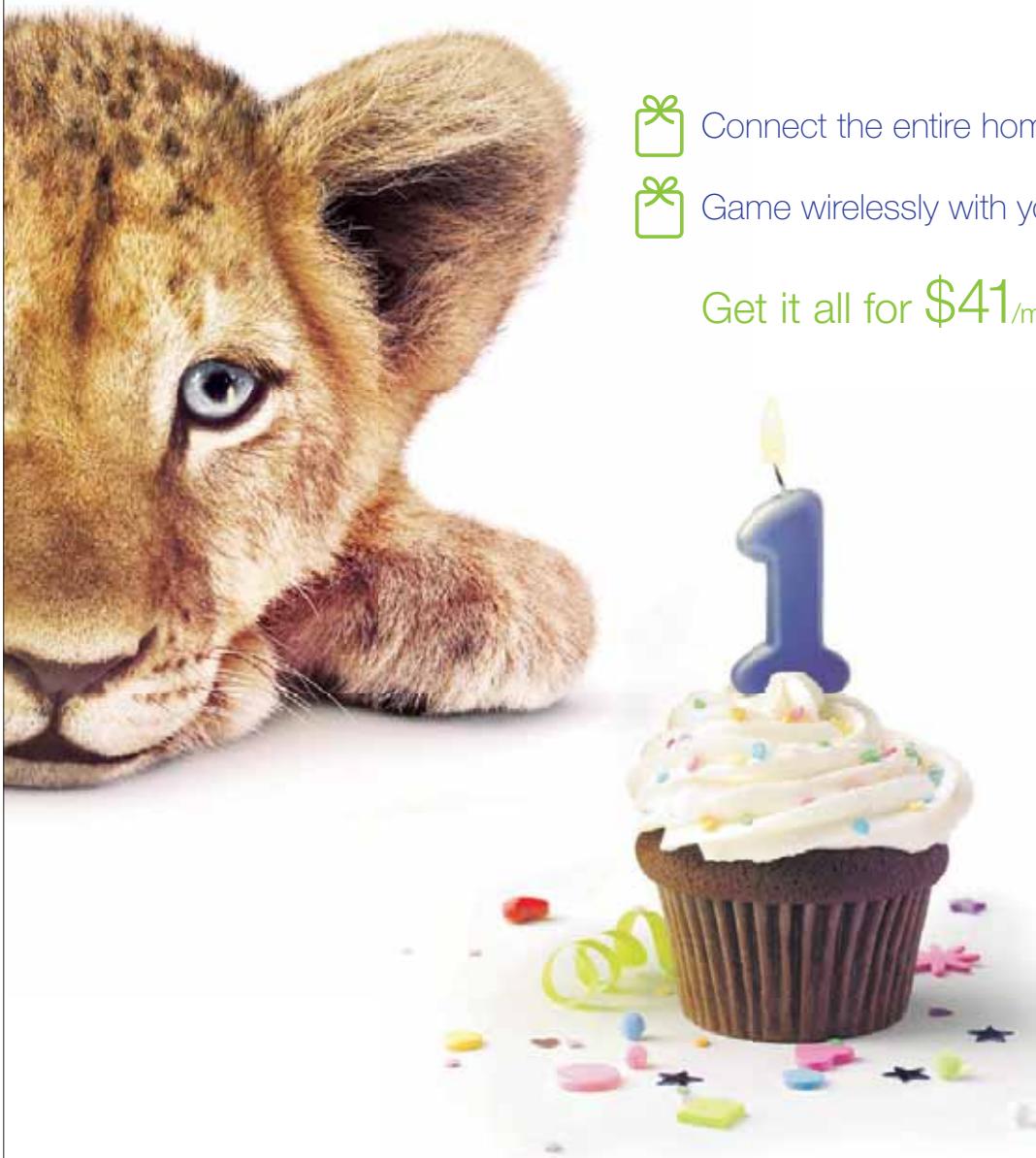


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